

## My Values

Values are your judgments about what is important in life. Values are an integral part of every culture. Along with worldview and personality, they generate behavior. So, your behavior is relevant to what you are about to discover! Your own Unique Values, drive you towards what is good, beneficial, important, useful, beautiful, desirable, appropriate etc.

The values answer the question of why you what you do. Picture that! Your Values help you solve common human problems for survival. The aim of this game is for you to clarify what is most important to you, what are your values. For example one of my Top 5 Values is achievement. It is very important for me to have a sense of accomplishment and contribution, every day of my life!

- In my life it is important for me that I have a sense of accomplishment, success or contribution
- In my life it is important for me that I aspire to get a promotion or progress within career.
- In my life it is important for me that I live new and challenging experiences.
- In my life it is important for me that I fall in love, caring.
- In my life it is important for me that I live in aesthetics in nature, art or life.
- In my life it is important for me that I think in an open-minded way.
- In my life it is important for me that I have fun and feel joyful.

- In my life it is important for me that I am and live in a tidy, sanitary place.
- In my life it is important for me that I feel capable and effective.
- In my life it is important for me that I win and take risks.
- In my life it is important for me that a prosperous or easy life.
- In my life it is important for me that I work well with others and there is teamwork.
- In my life it is important for me that I stand up for my beliefs.
- In my life it is important for me that I am being imaginative, innovative.
- In my life it is important for me that I feel self-controlled, restrained.
- In my life it is important for me that I have a steady, adequate income.
- In my life it is important for me that I live in egalitarianism in life, equal opportunity for all.
- In my life it is important for me that I live a stimulating or challenging life.
- In my life it is important for me that my close or/and extended family is happy.
- In my life it is important for me that my close or/and family is safe.
- In my life it is important for me that I am willing to forget a judgment of others.

- In my life it is important for me that I enjoy independence, autonomy, free choice, self-reliant.
- In my life it is important for me that I have close relationships, companionship.
- In my life it is important for me that I experience contentedness.
- In my life it is important for me that I am being physically and mentally well.
- In my life it is important for me that I am assisting others, improving society.
- In my life it is important for me that I am being at peace with myself.
- In my life it is important for me that I feel honesty, sincerity, genuineness.
- In my life it is important for me that I have the sense of participating with others, belonging.
- In my life it is important for me that I am rational.
- In my life it is important for me that I feel affectionate, tender.
- In my life it is important for me that I live with duty, respectfulness, obedience.
- In my life it is important for me that I experience sexual and spiritual intimacy.
- In my life it is important for me that I feel protected from attack.

- In my life it is important for me that I live in tranquility, stability, conformity.
- In my life it is important for me that I live in a world at peace, without war or conflict.
- In my life it is important for me that I experience personal growth.
- In my life it is important for me that I have fun, laughs, an enjoyable, leisurely life-style.
- In my life it is important for me that I am courteous, well-mannered.

**Here's how you Play the Values Game:**

1) Start by picking the 15/40 most important values you relate to, the ones that sing to you from the list below

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10



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- 11
- 12
- 13
- 14
- 15

2) Then, you clarify the 10 most important ones and write them on the space provided

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

3) Next step is to choose the 5 most important values to you

- 1
- 2
- 3
- 4
- 5



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4) List by Priority "1" being the most important value to you and "5" being the least important value from these top 5

1

2

3

4

5